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Tips from the **Divorce Support Club**

Handling the Summer
Holidays Mid Divorce

1 Plan ahead

Avoid putting off conversations through fear of it being difficult. Enter into those conversations that need to be had as soon as you can.



The summer holidays might be in July, but you want to start having those conversations as early as January/February, to avoid any tension and to sort out any issues that arise when planning.

Leaving those conversations until May/June may seem like the easier option, but in the long term it will cause much more stress for you.

There is a lot more planning to co-parenting through the holidays than you might expect!

2 Your **role** as a parent

When you were together, it's more than likely that you had different roles as parents, whether that be intentional or not. Now that you're separated, there will be things that you will do that you didn't before.

- If you were the parent to organise holidays and child care, that likely won't have changed. The other parent won't step into that role straight away, and likely doesn't realise how much planning really goes into it.
- If you were the parent that didn't do much planning, now is your time to shine. Using language such as "I'd like to book this holiday for this date, please let me know by Friday if there is an issue, or I will go ahead and book" allows you to set some boundaries and have a certain amount of control.



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